



8. Bödefelder Hollenlauf, 10. Bödefelder Hollenmarsch

Bödefeld / 09.05.2014-10.05.2014

Detailed evaluation

Höwer, Doris

Club: Tri Finish Münster

Number: 506

Course: 42.00 km

42 km Lauf

Category:

Seniorinnen W45

Total time: 4:54:30

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 38 (of 67)

Rank in course/Women: 4 (of 12)

Best time in course: 4:20:04

Rank in category: 1(of 1)

Best time in the category: 4:54:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Nasse Wiese	19.50	2:10:53	6:42	1	-	4	14:51	19.50	2:10:53	6:42	1	-	4	14:51
Obersorpe	8.00	55:02	6:52	1	-	4	8:18	27.50	3:05:55	6:45	1	-	4	23:09
Finish	14.50	1:48:35	7:29	1	-	4	11:17	42.00	4:54:30	7:00	1	-	4	34:26